

# Principles of Strength-Based Assessment<sup>1</sup>

- **Focus on the family's strengths, current situation, and future goals.**
- **Effective assessment is family-driven, not agency-centered.**
- **Assessment *with* families is much more effective than assessment *of* or *for* families.**
- **Collect only the information you really need.**
- **Assessment must be respectful and culturally appropriate to the family you are working with.**

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<sup>1</sup> Adapted from Foreset, C. (2003). *Empowerment Skills for Family Workers: A Work Handbook*. Cornell University.